

# From Kitchen to ... Career

Mission Statement: Youth Transitions is dedicated to training individuals with disabilities for opportunities in the food service industry.

## Culinary Training Intervention

Twelve-week training program prepares students in 96 hours of hands-on class time. This method

allows students time in class, as well as time to absorb and retain lessons and activities. Students classes are limited to six students per class. Class time is limited to two sessions, Monday through

students to enter the program at any time. The first module introduces all students to proper safety

growth of the industry has created new employment opportunities in many underserved areas. The

receive emphasis on the core areas of importance to an employer within the industry. At week nine,

students receive additional training in three job areas. Students can now compete for jobs in the

**Resume and Cover Letters** are developed for each student based on their classroom progress. As

the student progresses to proficient performance levels in a skill area, this skill is added to their

three strength areas of their training. All areas of training are included on student resumes, in

addition to the three specialized training areas.

resume for future employment opportunities.

Thursday. As students progress through the curriculum, skill specialization begins at week nine.

and sanitation techniques. The remaining five modules are administered in any order over the

Week Nine Specialization allows students to focus on three job areas within the industry. The

Youth Transitions model allows students to learn basic culinary skills. At this point all students

Six Modules are used to teach the Prostart curriculum. Modules are designed to allow new

#### Youth Transitions, Inc. **Culinary Cooking Program**

The food service industry is in need of entry-level workers. The industry has grown 4-5% annual over the last 15 years. This trend is forecasted to continue for the near-term. Training is an essential to good job performance. Individuals with disabilities need training that is specific to the industry they are seeking employment. The Youth Transitions program focuses on training students to be effective employees within the industry. This is achieved by offering students a core of basic skills, with an emphasis on three skills that are presented to employers through job applications and

The goal of placing 80% of students in gainful employment with fourteen days of completion of program further supports training and employment results. Effective training leads students to immediate job placement. Employers recognize results-driven training activities. Youth Transitions offers such a program.

Employees need support to perform their jobs to the best of their abilities. Support includes continued training to maintain and improve job performance. The culinary program offers students access to online support. The online activities allow students to gain continued knowledge within the industry. Activities include industry developed videos for advanced training. These videos will be available on the website and Facebook pages.

Major Components:

**The Prostart Culinary** curriculum was developed by the National Restaurant Association Educational Foundation (NRAEF) to serve as a standard for training high school students in culinary arts programs nationally. Youth Transitions acquired permission from the NRAEF to use this curriculum to prepare students for employment in the industry. The curriculum has been modified to address the needs of our target population. Specifically, students with disabilities struggle to manage academic workloads. The Youth Transitions model uses a hands-on method for training students for jobs in

The Hands-on training method allows students of varying academic skill levels to learn the core components curriculum. Hands-on training methods are very effective for this population. Youth Transitions has shown excellent results through this training method. We have trained students from Tennessee School for the Deaf are trained using this method. Finally, the industry employment is a hands-on activity in most food service operations.

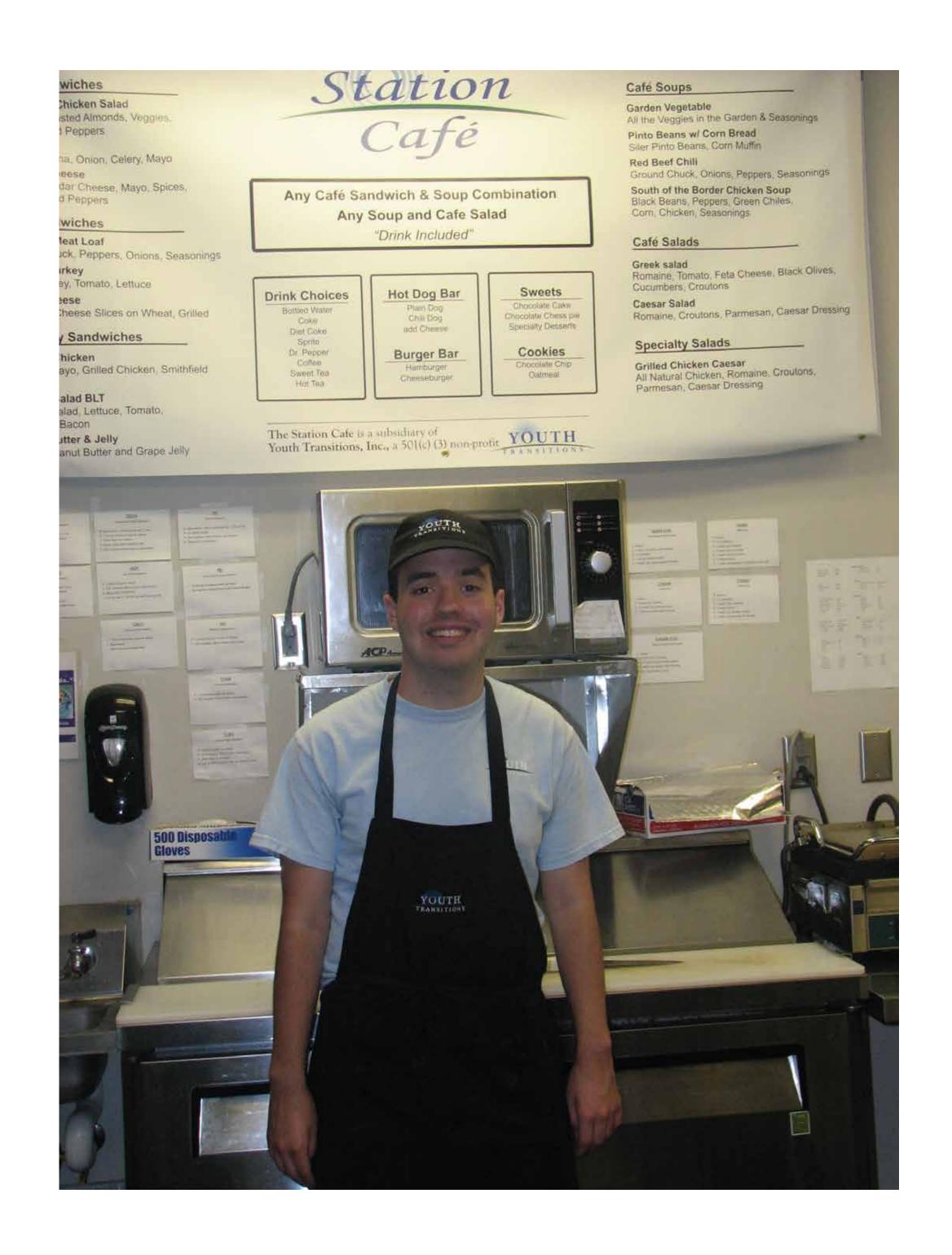
the industry, while maintaining the integrity of the curriculum.

#### Class Activities



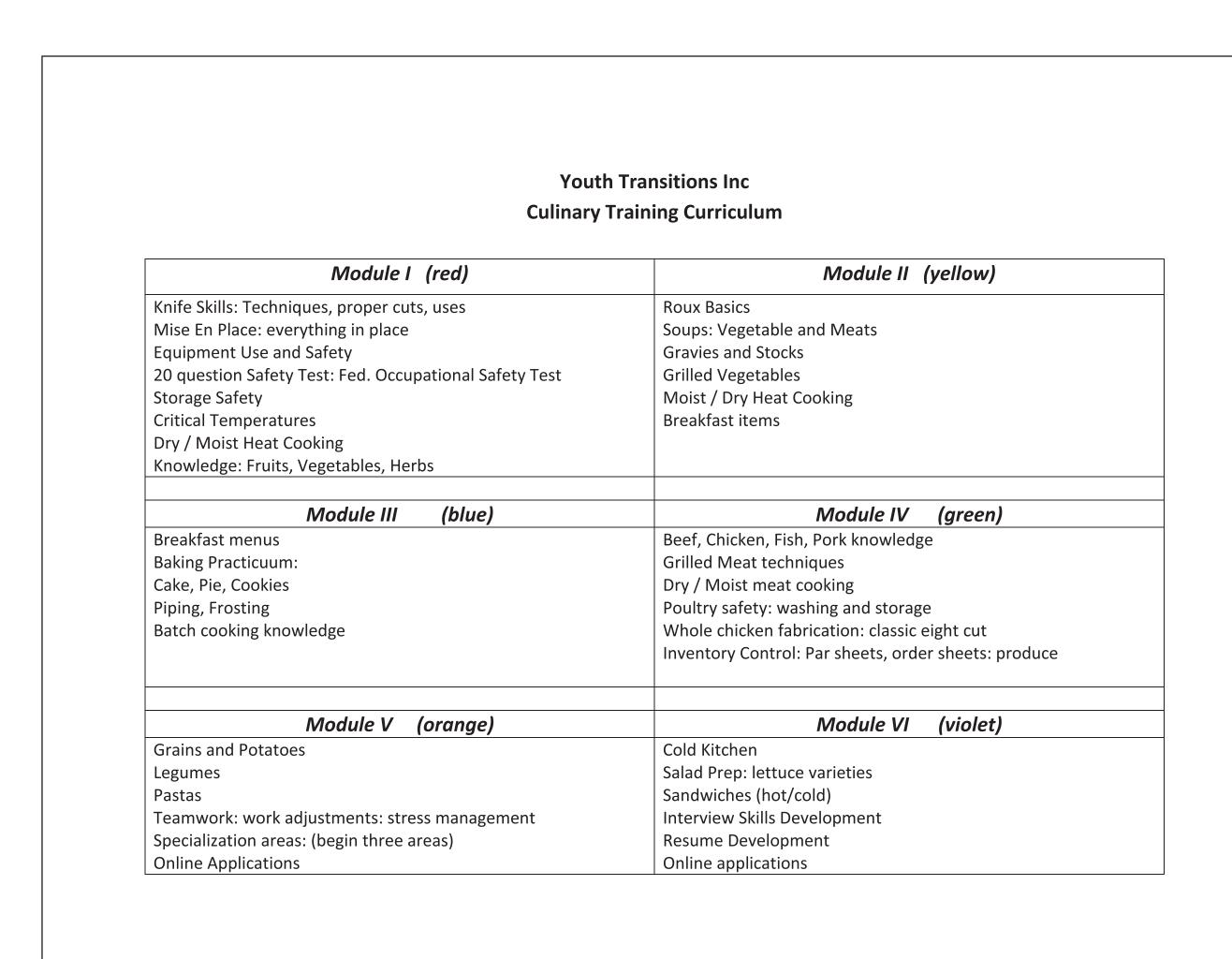


### Student Internships





Student Outcomes



iteria	Beginning 1	Developing 2	Accomplished 3	Exemplary 4
Processes	Able to read simple recipes. Measuring	Able to read and follow simple recipes	Able to read, follow and complete recipes with little assistance	Able to create basic recipes
/Sanitation	Follows basic hand washing and safety procedures	Demonstrates proper safety & sanitation processes. Cross contamination info.	Meets safety/sanitation goals consistent with County Health Inspections	Demonstrates knowledge of health rules and regulations. Follow thru on Inspections results.
ger	Knowledge of proper chilling techniques. Soup prep.	Proper Salad cuts and icing methods. Plate presentation. Cooked food storage	Knowledge of spices, recipe design, food cost.	Demonstrate general knowledge of pantry workings
vork ration	Cooperates with instructor and classmates	Shows initiative in class activities	Shows leadership in class activities. Encourages others	Offers guidance to other students and assists instructor
ry edge	Knowledge of restaurant Departments. Flow of Operations.	Terms. Mise en Place. BOH terms. FOH terms	Apply terms in daily work. Mise en Place in FOH/BOH	Apply Flow of operations during volume
ory Control edge	Knowledge of product location in kitchen	Knowledge of products used. Math use. Par sheet use	Demonstrate knowledge of ordering inventory. Par sheet design.	Ordering inventory and managing inventory. Par Sheet. Inventory Control
asics Sauces, s	Able to create a basic roux for sauces	Demonstrates knowledge of roux to gravy	Demonstrates skill in soup, sauce, and gravies	Able to produce vegetable of meat soups, sauces, gravies
Skills	Demonstrates basic dry measures. Demonstrates basic Oven use.	Able to measure wet/dry. Chocolate basics.	Able to prepare cake/pie from recipe. Chocolates and frostings	Able to bake cake/pie/frosting minimal supervision
kills	Proper handling and use of knives	Knowledge of knife parts and varieties	Ability to execute range of cutting techniques	Skill in all knife cuts and techniques
	Knowledge of four meat groups	Knowledge and skill in simple meats	Skill in meat cuts, prep and cooking techniques	Able to manage and deliver meat products



